

## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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### **17<sup>th</sup> Annual Summer Youth Swimming and Water Safety Program Officially Open for Registration**

**May 9, 2012; Hagåtña, Guam** – The Department of Mental Health and Substance Abuse – Prevention and Training Branch (DMHSA-PEACE Office) in partnership with Youth for Youth LIVE! Guam (YFYLG) is now accepting participant registrations for the “17<sup>th</sup> Annual Summer Youth Swimming and Water Safety Program” for 5 through 15 year olds. This six-week youth program is scheduled to run from June 19 to July 27, 2012 at the Hagatna Swimming Pool, from 8:00 am to 12:00 noon. The goal of the program is to provide the youth an opportunity to build personal and life skills and to educate their peers about healthy lifestyle choices.

“These are one of the programs that the YFYLG members look forward to every year,” shares DMHSA Tobacco Cessation Counselor and YFYLG adult advisor Peter Cruz. “They serve as youth program staff and lead by example to the kids and teens who participate.” These members were trained not only in substance abuse prevention programs, but also in First Aid/CPR, swimming and water safety instructions. “The Guam Chamber of Commerce, the Department of Parks and Recreation, American Red Cross, and American Heart Association are major supporters in this annual event. With them, YFYLG and the PEACE office staff are able to continue such an effective prevention program for the past seventeen years,” adds Cruz.

Kids and teens who register will participate in a 6-week summer program where they can enjoy a range of fun-filled activities including swimming and water safety lessons, tennis, drug prevention/awareness presentations, and workshops that help build self-esteem, foster team building, develop personal skills for conflict resolution, peer mediation, and overall improved health.

This year, the youth summer program will again include a nationally recognized, evidence-based program called *Positive Action* (PA) which aims to teach and reinforce positive actions that can be demonstrated during daily activities by individuals. PA teaches that a lifetime of health, happiness and success can be measured by how good the person feels about who he/she is, what he/she does, and how he/she treats others. PA’s founding principle is that “Positive thoughts lead to positive actions, positive actions lead to positive feelings about yourself, and positive feelings lead to more positive thoughts.” Throughout the

summer program's activities, success and happiness will be fostered by teaching positive actions in the physical, intellectual, social and emotional areas.

The fee for each participant is \$75.00. Pre-registration is required, as slots are limited to the first 200 participants; individuals who participated in previous years are required to register for Session II (Wednesday and Friday sessions) this year. Orientation will be held on June 15, 2012, where pre-registered participants and their parents are required to attend.

For more information on registration, schedule and sessions, contact the PEACE office at 477-9079 ~ 83.

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Visit [www.positiveaction.net](http://www.positiveaction.net) for more information on **Positive Action**.

**Youth for Youth LIVE! Guam** is a non-profit, community-based, youth centered, youth-driven drug prevention program for teens between the ages of 11 and 17. Strong youth involvement is the asset of this organization. The foundation upon which YFY is built in is the belief that Guam's youth are leaders of today and have much to contribute towards making positive changes in their families, schools and village communities. These teens are actively involved in prevention program development, implementation and evaluation. Guam's youth possesses relevant knowledge and cultural experiences, strength and character, and the ability to effectively lead and influence their peers to take personal responsibility for living their lives, healthy and drug-free.